

Phosphorus Content of Foods

Phosphorus is an important mineral that your body uses for energy and overall health.

Natural Phosphorus: Phosphorus occurs naturally in meats, dairy, grains, nuts/seeds and vegetables. Your body absorbs about half of this natural phosphorus from foods and drinks.

Added Phosphorus: Phosphorus is also added to many foods and drinks as a preservative. Your body absorbs nearly all of the added phosphorus from foods and drinks.

How Much Phosphorus is in Food and Drinks?

Nutrition Facts labels don't typically include phosphorus amounts and they don't identify whether the phosphorus in the product is natural or added.

Read the ingredients list to check if a product label displays "phos" in the ingredients. This abbreviation will indicate for sure that phosphorus has been added.

Ingredients with phosphorus that are most commonly added to food include *disodium phosphate*, *sodium hexametaphosphate*, *phosphoric acid*, *calcium phosphate*, and *dipotassium phosphate*.

In general, higher phosphorus foods include:

- Dairy foods
- Beans (including soy and soy products like tofu and tempeh)
- Lentils
- Nuts and seeds (especially pumpkin and sunflower seeds)
- Bran cereals
- Oatmeal
- Some bottled ice tea and other drinks with phosphate additives
- Processed meats and cheese
- Instant puddings and sauces

Below are some references:

	Serving size	Phosphorus (mg)
Vegetables and Fruit		
Edamame/baby soybeans, cooked	1/2 cup	138-150
Potato, with skin, cooked	1 medium	120-130
Mushroom, portabello, raw	1/2 cup	125
Grains Products		
<i>Grains</i>		
Rice bran, raw	20 g	335
Wheat bran, raw	30 g (1/2 cup)	270
Wheat germ, raw	30 g (1/4 cup)	225

Grains Products (cont'd)	Serving size	Phosphorus (mg)
Waffle, cooked	1 waffle	135-145
Quinoa, cooked	125 mL (1/2 cup)	110
<i>Cereals</i>		
Wheat germ cereal, toasted	30 g (1/4 cup)	345
Bran flakes	30 g	345
Bran (All Bran, 100% Bran)	30 g	100- 300
Oatmeal, cooked	175 mL (3/4 cup)	140 -175
Oat, o-shaped	30 g	125-160
Oatmeal, instant, cooked	175 mL (3/4 cup)	140
Milk and Alternatives		
Processed cheese slices, cheddar	50 g (1 ½ oz)	414-468
Cheese (cheddar, gruyere, swiss/emmental, gouda, mozzarella, edam, provolone)	50 g (1 ½ oz)	230-300
Milk (3.3% homo, 2%, 1%, skim, chocolate)	250 mL (1 cup)	215-270
Yogurt, plain, all types	175g (3/4 cup)	235-245
Buttermilk	250 mL (1 cup)	210 - 230
Yogurt, fruit, all types	175g (3/4 cup)	190-210
Cottage cheese	250 mL (1 cup)	310-340
Yogurt beverage	200 mL	160
Soy beverage	250 mL (1 cup)	110-135
Meat and Alternatives		
<i>Meat and Poultry</i>		
Venison/deer, various cuts, cooked	75 g (2 1/2 oz)	170-225
Pork, various cuts, cooked	75 g (2 1/2 oz)	130-220
Veal, various cuts, cooked	75 g (2 1/2 oz)	178-195
Bison, various cuts, cooked	75 g (2 1/2 oz)	155-190
Beef or lamb, various cuts, cooked	75 g (2 1/2 oz)	145-180
Beef, ground, cooked	75 g (2 1/2 oz)	135-175
Chicken or turkey, various cuts, cooked	75 g (2 1/2 oz)	135-160
Bacon, strip, cooked	75 g (2 1/2 oz)	110-130
Organ Meat		
Liver (beef, veal, chicken), cooked	75 g (2 ½ oz)	345-373
Kidney, beef, cooked	75 g (2 ½ oz)	228
Liver (turkey, pork), cooked	75 g (2 ½ oz)	180-220

<i>Fish and Seafood</i>	Serving size	Phosphorus (mg)
Salmon, canned	75 g (2 ½ oz)	245-350
Sardines, canned in oil	75 g (2 ½ oz)	365
Scallops, cooked	75 g (2 ½ oz)	255
Herring, cooked	75 g (2 ½ oz)	220-245
Mackerel, cooked	75 g (2 ½ oz)	120-238
Bluefish, cooked	75 g (2 ½ oz)	220
Halibut, cooked	75 g (2 ½ oz)	215
Crab, imitation/surimi, cooked	75 g (2 ½ oz)	210
Trout, rainbow, cooked	75 g (2 ½ oz)	200-205
Salmon, cooked	75 g (2 ½ oz)	190-195
Cod, cooked	75 g (2 ½ oz)	105-165
Tuna, light, canned in water	75 g (2 ½ oz)	122
<i>Meat Alternatives</i>		
Tempeh/fermented soy product, cooked	150 g (¾ cup)	380
Meatless, fish sticks, cooked	75 g (2 ½ oz)	338
Meatless, luncheon slices	75 g (2 ½ oz)	330
Soybeans, mature, cooked	175 mL (¾ cup)	310
Beans, adzuki, cooked	175 mL (¾ cup)	280
Lentils, cooked	175 mL (¾ cup)	265
Meatless (meatballs, chicken), cooked	75 g (2.5 oz)	250-260
Soy burger/vegetarian meatloaf or patty, cooked	75 g (2.5 oz)	155-260
Beans (navy, great northern), cooked	175 mL (¾ cup)	195-215
Chickpeas/garbanzo beans	175 mL (¾ cup)	205
Tofu	150 g (¾ cup)	145-205
Soy nuts	60 mL (¼ cup)	190
Beans (kidney, black-eyed/cowpeas, cranberry/roman), cooked	175 mL (¾ cup)	175-185
Egg, cooked	2 large	125-155
Baked beans, canned	175 mL (¾ cup)	140

Nuts and Seeds	Serving size	Phosphorus (mg)
Pumpkin or squash seeds, without shell	60 mL (1/4 cup)	675
Sunflower seeds, without shell	60 mL (1/4 cup)	375-395
Brazil nuts, without shell	60 mL (1/4 cup)	255
Almonds, without shell	60 mL (1/4 cup)	154-210
Pine nuts, without shell	60 mL (1/4 cup)	195
Cashews, without shell	60 mL (1/4 cup)	170-195
Pistachios, without shell	60 mL (1/4 cup)	150-155
Cashew butter	30 mL (2 tbsp)	150
Tahini/sesame butter	15 mL (1 tbsp)	110
Other		
Goat's milk	250 mL (1 cup)	285